

HEARING LOSS

Supplemental Activity 1

Noise Level Recognition (Teacher's Guide)

Time Frame: 10 minutes

List five noisy things you have heard for at least one hour at a time within the past week.

Examples will vary and may include: traffic, radio, tractor, lawn mower, etc.

- 1.
- 2.
- 3.
- 4.
- 5.

Rank these five things from the quietest to the loudest.

- 1.
- 2.
- 3.
- 4.
- 5.

Compare your list to the chart provided. Rank your list using the sound levels thermometer.

- 1.
- 2.
- 3.
- 4.
- 5.

From the things on your list, when should you have protected your hearing?

Any noise with a decibel rating above 90 can produce injury.

How can you protect your hearing for each activity?

Increase distance, decrease exposure time, and use personal protective equipment (PPE).

Supplemental Resources:

- "How loud is too loud?" Book mark on decibel levels of noises. (Available through NIDCO Information Clearinghouse 1-800-241-1044)
- Sound Levels Thermometer (Student Reference Sheet)